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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

Wednesday, January 6, 1942

SUBJECT: "CITRUS FRUITS", Information from Marketing Officials of the U. S.  
Department of Agriculture.

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In 3Hh  
Reserve  
When you tack up that 1943 kitchen calendar check the dates...January  
7 through 16 for buying citrus fruit. During these days grapefruit and  
tangerines are playing a return engagement as Victory Food Specials...bring-  
ing with them another member of the citrus family...ORANGES.

And why...you probably ask...do these three fruits rate the Victory Special  
emblem above all other foods at this time? The answer is simple. Grapefruit,  
tangerines and oranges are in seasonal abundance. And Uncle Sam is asking that  
every one of them be eaten...and he's urging you to eat them fresh because it  
takes precious tin to can them. It is important to victory that most of the  
tin for canning hold the concentrated citrus juices and other foods for our  
allies and armed forces overseas. However, a limited amount of canned grape-  
fruit juice from the late Texas crop will be on sale for civilians here at  
home.

There's another good reason for eating more oranges, grapefruit and tanger-  
ines at this time of the year. All 3 of these citrus sisters are rich in  
Vitamin C...and since the body can't store this valuable vitamin, everyone  
needs to get it every day. So at this time, when other fresh fruits and vege-  
tables containing Vitamin C are scarce...grapefruit, oranges and tangerines  
are one good answer to your daily needs of Vitamin C.

And now for a few tips on buying citrus fruits. Looks are often deceiving  
even in fruit. So, don't buy grapefruit, oranges or tangerines by looks alone!  
Go right up and take them in your hands and feel them. Remember that heavy



citrus fruits are juicier than light ones. Next, look for a firm, smooth skin of fine texture. Firm, heavy, finely textured fruit...even with a few surface blemishes like scars, scratches, and slight discolorations...are better than fruit with badly creased skin, or puffy, spongy that is light in weight. Don't be misled by color either when you buy oranges. Some varieties are naturally bright colored, others paler. Some oranges have russet spots on the outside but these don't affect the flavor. Sometimes oranges are dipped in dye to give them a brighter color on the outside. The Government allows this as long as the dye is harmless vegetable dye, and the fruit is stamped "color added" to keep you from expecting a deeper color inside. A good tangerine, like a good orange or grapefruit, should be firm and have a fine-textured skin. As a rule the deeper colored tangerines are best. The Tangerine or "Mandarin orange" enjoys a comparatively short season...so eat them now. They'll be gone before the winter is over. They're grand for peppering up your salads and fruit cups.

Now for some suggestions for serving grapefruit and oranges. If you haven't tried broiled grapefruit and want something different, do so! You'll be surprised at just how delicious it is. It's easy to prepare, too. Just sprinkle each grapefruit half with a little sugar, a dash of cinnamon, or mace or nutmeg. Then dot with bits of butter and broil 10 to 15 minutes with direct heat on the broiler rack set three to four inches from the heat. Be sure the grapefruit halves are just slightly browned and heated through. Serve hot. Or, if you wish, you can bake them in an oven 400 degrees Fahrenheit for 15 minutes. To save sugar, try sweetening with maple syrup, honey or dark maple syrup. Each will be a new taste treat for the family.

To dress up grapefruit for a dessert, place a mound of orange, lemon, lime or raspberry sherbert in the center of each half. Or make an orange jelly and





pore it into the shells of oranges to cook and jell. As an attractive and tasty garnish for meat or poultry, peel and cut oranges crosswise in one-half inch slices, brush with corn syrup or honey, and broil for 10 minutes. Place bits of currant or mint jelly in the center of the orange ring. And here's another tip. The next time you bake a turkey, duck or chicken try basting it with fresh orange juice and see what that juice does for the flavor of both the bird and gravy.

Here's a reminder of those citrus dates again. From January 7 through January 16 grapefruit, oranges and tangerines will be wearing the Victory Food Special emblem for this period. So get on the Victory Food wagon...serve citrus fruits...serve them fresh...and remember that when you eat the fruit fresh, you're saving precious tin...therefore making it possible for American sailors and soldiers from Guadalcanal to Algiers to have fruit juice too.

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